MFT

PERSONAL FITNESS

Lesson 10

Personal Fitness: Lesson 10 (lab)

- Review Lesson 9 and Homework
- LO #1: Acute effects of CR training (intervals)
- LO#2: Monitor training intensity w/ HR monitors and RPE
- LO#3: Methods to improve 2MR time
- Review

LO #1: Acute effects of CR training

- Based on previous class- make a prediction on physiological responses during the work outs on the next two slides.
- Bring hard copy to class and compare to the actual experience in labs.

LO #2: Monitor intensity with Heart Rate Monitor

Fartlek - (Speed Play) - Informal Intervals

- 2-mile run course
- Choose feature along road to determine work bouts and rest bouts
- Collect data points at end of work and rest bouts
- Monitor changes from end of work and rest bouts and compare to RPE readings from Intervals

Intervals

- 1/4 mile interval at Shea Stadium
- Base work bout by 2 mile run time/8
- Rest bout = 1-2x work bout or HR<120
- Monitor changes in acute responses at end of work bout and end of rest bout IAW RPE

LO #3: Methods to improve 2-MR performance

Intervals - Specificity for 2 MR

- **F - 1 - 2 X/ week**
- **I - Work Interval (determine 1/4 mile time (2 MR time = 16:00/8 = 2:00 = 120 seconds; subtract 10 seconds from 1/4 mile run time (120-10=110 secs or 1:50); Work Interval = 1:50, Recovery Interval = 1-2 X work interval (1:50 - 3:40 range); Recover HR is probably a better guide; if below 120 beats/minute, then ready for next work interval**
- **T - Work/Recovery ratio & number of reps**
- **T - Primary aerobic exercise**

3 Phases of Conditioning

Preparatory Phase

Conditioning Phase

Maintenance Phase

Preparatory Phase

- Prepares the body and involved systems for conditioning phase. Progression from a lower to a higher level of fitness should be achieved by gradual, planned increases in F, I, & T

- Program lasts 4 - 8 weeks dependent on person's adaptation to the program.

Conditioning Phase

- Primarily fast, continuous training employing interval/fartlek and LSD on recovery days. Goal is increased 10% total volume / week and increase cardiorespiratory endurance.

- Lasts a few months to a few years, until desired level of fitness is achieved.

Conditioning Phase (example)

F

3x/ week

I

70 - 85% HRR

T

T

> 20 minutes Primary aerobic activity

Maintenance Phase

- Maintains desired level of fitness gained in conditioning phase. Must maintain intensity levels, but can cut back volume in both F and T.

- Program lasts the rest of an individuals life. May revisit conditioning phase if goals change or for specific events.

Maintenance Phase (example)

F

1 - 2x/ week

I

75 - 85% HRR

T

> 20 minutes Primary aerobic activity

T

Personal Fitness: Lesson 10

- LO #1: Acute effects of CR training (intervals)
- LO#2: Monitor training intensity w/ HR monitors and RPE
- LO#3: Methods to improve 2MR time
- Review and Prep for Lab